



TOLEDO CENTER FOR EATING DISORDERS

Hope Healing and Recovery



Toledo Center Overview

Admissions and Referrals: 765-703-5049



WHO WE ARE

Toledo Center takes an innovative approach to guiding clients on their recovery journeys that's backed by evidence-based outcomes and compassion for every client. Toledo Center meets clients where they are with an upfront, honest approach to treatment and cares for all genders, ages 10 to 17, helping people reclaim their lives, their health, and their futures.

WHAT WE TREAT

- Anorexia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Bulimia Nervosa
- Binge Eating Disorder (BED)
- Compulsive Exercise
- Purging Disorder
- Co-occurring Mental Health Disorders

OUR METHODS

Treatment for an eating disorder involves strength and courage and with the right support and professional guidance, a full recovery is possible. Eating disorders and co-occurring mental health disorders are complex and require comprehensive solutions. Our clinical team uses the following evidence-based therapies to help our clients on their paths to recovery.

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Exposure and Response Prevention (ERP)
- Psychodynamic Therapy
- Narrative Therapy
- Mindfulness
- Experiential Therapy
- Motivational Interviewing
- Internal Family Systems
- Individual Psychotherapy Sessions
- Family Therapy
- Nutrition Therapy



LEVELS OF CARE

ADOLESCENT RESIDENTIAL TREATMENT (RTC)

Offering a high level of intensity, structure, safety, and monitoring for adolescents of all genders (ages 10-17), our RTC program provides a comfortable living area with shared rooms and a common living space where clients receive care 24 hours a day, seven days a week.

ADOLESCENT PARTIAL HOSPITALIZATION PROGRAM (PHP)

PHP treatment offers clients evidence-based therapies balanced with activities aimed at enhancing mindfulness, encouraging healing, and helping with the development of new modes of self-expression for teens who live locally.

VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP)

A convenient and COVID-safe treatment option for Ohio residents, our V-IOP provides adults of all genders (16 years and older) with the experience and support of an in-person option without the need to relocate for treatment. Our IOP provides a higher level of care when traditional outpatient services aren't effective or can act as a step down from residential or partial hospitalization levels of treatment.

"I have nothing but great things to say about this place. My daughter's experience was positive from admission to discharge. I was so nervous leaving her 8 hours away from home, but the staff here treated her as their own. I was kept informed on how she was doing and was able to participate in weekly family counseling with her and her counselor and also had sessions with her dietician."

- Parent of a Toledo Center client



ADMISSIONS AND INSURANCE

Toledo Center has agreements with major insurance companies that provide full or partial reimbursement for eating disorder treatment costs. Also, we are often able to secure single case agreements with insurance companies that aren't in our network.

Call our Admissions Team at
765-703-5049 to get started today.



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Toledo Center for Eating Disorders

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toledocenter.com



Toledo Center for Eating Disorders is a
proud part of the Odyssey Eating Disorder